

## Emergencies can happen when you least expect them...

To protect your life and the wellbeing of your family and friends, it is important to be prepared for emergencies, whether you're at home, at work, or on holidays.

## Important contacts

Council supports lead emergency service agencies to manage and respond to local natural disasters and emergencies.



**Police, Fire, Ambulance**  
For life-threatening emergencies

**000**



**Flood and storm emergencies**

**132 500**

ses.nsw.gov.au



**Rural Fire Service**

Major bush fire incident updates

**1800 679 737**

rfs.nsw.gov.au

## Let's Get Ready

Lake Macquarie residents and businesses can receive **FREE** severe weather warning alerts issued by the Australian Early Warning Network (EWN).

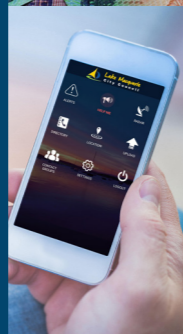
**Download the EWN mobile app** on Google Play or iTunes search 'Lake Macquarie Council Alerts'

**Register for SMS alerts**

**Monitor rainfall and water levels** in your catchment visit [mhlfit.net/users/LakeMac/](http://mhlfit.net/users/LakeMac/)

**Visit [lakemac.com.au/for-residents/emergencies](http://lakemac.com.au/for-residents/emergencies) for more information**

## Prepare your emergency kit



- Portable battery operated radio with spare batteries
- Torch with spare batteries
- Non-perishable food and bottled water
- Candles with waterproof matches
- First aid kit
- Toiletries and prescribed medicines
- Supplies for babies, the disabled, infirm and/or elderly
- Clothing, footwear, and blankets
- Cash and credit cards
- Strong plastic bags
- Spare keys for home and car
- Pen and paper
- Mobile phone and charger
- Home emergency plan with phone numbers for local emergency services, doctor, family and friends, daycare or school, and work
- Copies of important papers, identification, and insurance policies
- Non-perishable pet food
- Children's toys and games

## Let's Get Emergency Ready



Do you have an emergency plan?

What food and water do you have at home if the shops are closed?

Do you know where your car keys are located if you need to make a quick exit?

What light will you use if there is a power blackout?

**It's time to start**

[lakemac.com.au/for-residents/emergencies](http://lakemac.com.au/for-residents/emergencies)

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## 5 simple steps to get ready

### 1. Know your risk

Think about the area you live in and the types of disasters that could affect you.

### 2. Plan now for what you'll do

Sit down and talk with your family and plan for what you will do if a disaster affects your area. Make important decisions such as when to leave, what to take, and what to do with animals. Don't leave it until the last minute. Disasters can happen with little or no warning.

### 3. Get your home ready

Prepare your home by doing general home maintenance and check your home and contents insurance is up-to-date insurance.

### 4. Be aware

Find out how to prepare and what to do if there is a disaster in your area.

- Connect with SES, RFS and Fire and Rescue NSW websites, apps and social media to stay informed.
- Sign up to Lake Macquarie Council Alerts (Early Warning Network)
- Tune in to local radio 1233AM ABC Newcastle for updates.
- Monitor rainfall and water levels in your catchment on Lake Macquarie FloodWatch

### 5. Look out for each other

Share information with your family, friends, neighbours and those who may need assistance.

## It's time to go

- When you receive an evacuation order, it is essential you follow instructions.
- Ensure your emergency kit is stocked and easy to find.
- Check on your neighbours and assist them if you can.
- Act decisively- leaving early is the safest option.
- If you do leave, do not return until emergency services tell you it is safe to do so.

# Bush Fire

Some of Lake Macquarie's most popular holiday spots are located near, or in, bush fire prone areas. In NSW the statutory bush fire danger period runs from October 1 until March 31, however it may vary due to local conditions.



## Get Ready

- Download and complete a Bush Fire Survival Plan from [rfs.nsw.gov.au](https://rfs.nsw.gov.au)
- Be aware of daily fire danger ratings for your location and destinations
- During a Total Fire Ban no fire may be lit in the open. This includes barbecues that burn solid fuel e.g. wood or charcoal
- Fill sinks, bath, buckets, or containers with fresh water in case the water supply is disrupted
- Find out whether there is a designated Neighbourhood Safer Place (NSP) in your area. Visit [rfs.nsw.gov.au](https://rfs.nsw.gov.au)

## Stay Safe

***If a fire comes unexpectedly, prepare, act, survive:***

- Activate your Bush Fire Survival Plan
- If your plan is to relocate to a safer location you must do this early – never leave at the last minute
- Take your emergency kit with you
- If it is too late for you to leave you need to find shelter from the radiant heat
- Shut all windows and doors and seal them with wet blankets and towels
- Never attempt to drive through thick smoke or fire

# Floods

Our lake, creeks, and low-lying land put many areas of Lake Macquarie at risk of flooding.



## Get Ready

- Find out about your local area to help you assess if there is a risk of flooding
- Monitor rainfall and water levels in your local catchment on Lake Macquarie FloodWatch
- Be prepared to evacuate and leave if flooding is predicted for your area. If you're in a holiday park, this includes disconnecting all services and preparing your van for moving. Keep in contact with the park manager
- If you need to evacuate, act early as roads may become congested or closed

## Stay Safe

***During a flood:***

- Take your emergency kit with you
- Never drive, ride, walk, or play in floodwater. Water may be deeper, or flow faster than you think. It may also contain hidden snags and debris
- Listen to local radio station ABC Newcastle 1233AM for updates
- Take your mobile phone and charger
- Empty freezers and fridges and leave the doors open
- Turn off electricity, gas, and water supplies. Unplug appliances and lock doors and windows before leaving

# Storms

No matter where you are, severe storms can cause major damage to people, property, and pets.



## Get Ready

- Secure or put away items that could blow around in strong winds
- Trim trees and branches that could potentially fall on your home or property
- Shelter vehicles if possible or move them away from trees and cover with blankets
- Make sure your pets are safe
- Clean your gutters, downpipes, and drains regularly and fix any damage to your roof

## Stay Safe

***During a storm:***

- Stay indoors until the storm passes
- Stay clear of windows, doors, and skylights
- Unplug all electrical items
- Do not use a landline telephone with a cord during a thunderstorm
- If driving, put your hazard lights on and pull over to the side of the road keeping clear of drains, causeways, streams, creeks, trees, and power lines
- If you are camping, relocate to the common area during the storm or wherever the park manager directs you
- If you are outdoors, seek secure shelter away from drains, causeways, streams, creeks, trees, and powerlines

# Extreme Heat

During the summer, Lake Macquarie can experience high temperatures.



## Get Ready

It is important to be aware of the effect extreme heat can have on your body. Children, pregnant or nursing women, the elderly, and pets are more likely to suffer the effects of heat.

## Stay Safe

***The easiest way to avoid heat-related illnesses is to:***

- Stay hydrated by drinking water
- Stay out of the sun
- Wear light-weight or loose-fitting clothing
- Avoid caffeine and alcohol
- Have a cool shower or bath
- Seek air conditioned or cooled environments (shopping centres, cinemas, or local library)

***Signs of dehydration include:***

- Heat rash, cramps, dizziness, exhaustion, confusion, throbbing headache, rapid pulse, or rapid breathing

***If you must be out in the heat:***

- Limit activity to morning and evening
- Wear a wide-brimmed hat, sunscreen, and sun glasses
- Rest regularly
- Drink water frequently
- Stay in the shade